



Fried eggs with rosemary sautéed potatoes



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



340 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 425 g baby potatoes
- ☐ 1 tbsp butter
- ☐ 3 sprigs rosemary chopped
- ☐ 1 handful mushrooms quartered
- ☐ 2 eggs
- ☐ 1 tbsp cooking oil

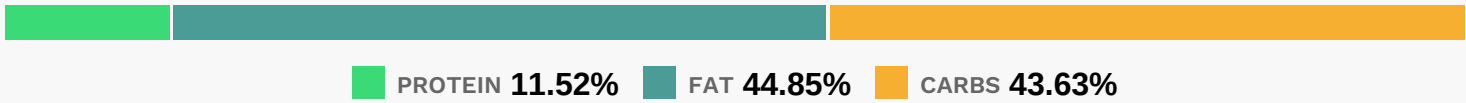
Equipment

- ☐ frying pan

Directions

- ☐ Cut the potatoes into cubes and, in a large frying pan, fry them in butter for 15 mins until golden and cooked through.
- ☐ Tip in chopped rosemary leaves, mushrooms and garlic and fry for a few mins until softened.
- ☐ Season to taste, then push veg to the side of the pan and add a further 1tbsp oil. Break in the eggs and fry to your taste.
- ☐ Serve the potatoes piled on two plates and top each serving with a fried egg.

Nutrition Facts



Properties

Glycemic Index:117.88, Glycemic Load:27.2, Inflammation Score:-5, Nutrition Score:15.434347608815%

Flavonoids

Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 339.94kcal (17%), Fat: 17.16g (26.4%), Saturated Fat: 5.61g (35.05%), Carbohydrates: 37.56g (12.52%), Net Carbohydrates: 32.81g (11.93%), Sugar: 1.83g (2.04%), Cholesterol: 178.95mg (59.65%), Sodium: 120.98mg (5.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.92g (19.84%), Vitamin C: 41.96mg (50.87%), Vitamin B6: 0.7mg (35.25%), Potassium: 960.07mg (27.43%), Phosphorus: 210.48mg (21.05%), Selenium: 14.27µg (20.39%), Fiber: 4.74g (18.98%), Manganese: 0.34mg (17.02%), Vitamin B2: 0.27mg (16.13%), Folate: 55.44µg (13.86%), Iron: 2.48mg (13.75%), Magnesium: 54.67mg (13.67%), Vitamin B5: 1.32mg (13.19%), Copper: 0.26mg (13.18%), Vitamin B1: 0.19mg (12.61%), Vitamin E: 1.87mg (12.49%), Vitamin B3: 2.3mg (11.48%), Vitamin K: 9.66µg (9.2%), Vitamin A: 423.97IU (8.48%), Zinc: 1.2mg (7.98%), Vitamin B12: 0.4µg (6.73%), Vitamin D: 0.88µg (5.87%), Calcium: 53.78mg (5.38%)